# PALGO JOURNAL OF EDUCATION RESEARCH(PJER)

http://www.palgojournals.org/PJER/Index.htm

## REVIEWERS GUIDE

**PART A:** ***Editorial Office Only***

## MANUSCRIPT REVIEW

**Title:** Exercise Intervention for Improving Physical Function in Individuals with Hearing Impairment in Oyo State, Nigeria

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**RATINGS**

| Criterion | Rating |
|---|---|
| Originality | 2 (Good) |
| Contribution to the Field | 2 (Good) |
| Technical Quality | 2 (Good) |
| Clarity of Presentation | 2 (Good) |
| Depth of Research | 2 (Good) |

**Scale:** 1 = Excellent, 2 = Good, 3 = Fair, 4 = Poor

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**GENERAL COMMENT**

This is a well-designed study addressing an important gap in Nigerian rehabilitation research. The use of sign language and visual aids makes it truly inclusive. The findings are strong and practically useful. However, some sections need more detail, and there are number inconsistencies that must be fixed before publication.

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**SECTION-BY-SECTION COMMENTS**

ABSTRACT

**Strengths:** Clear, well-structured, includes all key information with specific numbers.

**Improvements needed:**

- → Check data consistency: The TUG test shows 9.8 to 7.5 seconds (−2.3s) in the abstract, but different numbers appear in the discussion section. Please verify and use the same numbers throughout.

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## INTRODUCTION

**Strengths:** Good background information, clear problem statement, well-defined hypotheses.

**Improvements needed:**

- Explain why you chose ages 15-25 years
- Briefly mention why hearing loss affects balance (vestibular system connection)
- The null hypothesis ($H_0$) is optional in this section

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## LITERATURE REVIEW

**Strengths:** Comprehensive coverage, good mix of international and Nigerian sources.

**Improvements needed:**

- Add more specific details about how exercises work (not just what they do)
- Mention existing facilities in Oyo State that could support such programs
- Clarify how your study improves on previous work (e.g., Chen et al. used 10 weeks, you used 12)

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## METHODOLOGY

**Strengths:** Appropriate experimental design, good sample size, validated tests, ethical approval.

**Improvements needed (IMPORTANT):**

- → **Add specific exercise details:** What exact exercises were done? How long was each part of the session? Example: "10 minutes warm-up (stretching, light jogging), 20 minutes aerobic (brisk walking, cycling), 20 minutes resistance (squats, resistance bands), 10 minutes balance (single-leg stance, tandem walking), 10 minutes cool-down (stretching)."
- → **Specify inclusion criteria:** What decibel level of hearing loss? How was it documented?
- **Describe visual aids:** Were they posters, videos, mirrors, or what?
- **Control group details:** What exactly did they do? What was covered in monthly health education?
- **Who led the sessions?** What were their qualifications?
- **Attendance tracking:** How many sessions could participants miss?

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## RESULTS

**Strengths:** Clear table, excellent reporting of effect sizes, good statistical presentation.

**Improvements needed:**

- → **CRITICAL: Fix number inconsistencies.** Example:
  - Table 1 shows 6MWT: 502.4 to 560.6 meters
  - Discussion says: 420.5 to 469.5 meters
  - **These must match!** Check ALL numbers carefully.
- Include Figure 1 that you mentioned
- Add a table showing baseline characteristics (age, gender, degree of hearing loss)

## DISCUSSION

**Strengths:** Good interpretation of findings, compares well with other studies, explains practical implications.

**Improvements needed:**

- → **Fix the data inconsistencies mentioned above**
- → **Add a limitations section:** Every study has limitations. Mention:
  - Only 12 weeks (don't know long-term effects)
  - Only ages 15-25 (doesn't apply to older/younger people)
  - Only Oyo State (may differ in other regions)
  - No follow-up measurements
- Explain WHY the exercises worked (the physiological mechanisms)
- Discuss why you had zero dropouts (this is impressive!)

## CONCLUSION AND RECOMMENDATIONS

**Strengths:** Clear summary, practical recommendations for multiple audiences.

**Improvements needed:**

- Acknowledge limitations briefly before making recommendations
- Prioritize recommendations (what should be done first vs. long-term)
- Add cost considerations for implementation

## REFERENCES

**Strengths:** Good mix of sources, recent publications, includes Nigerian authors.

## GRAMMATICAL ERRORS

Overall, the English is clear and professional. No major grammar issues.

## DECISION

### MINOR REVISION REQUIRED

**What this means:** Your study is good and will be accepted after you fix the issues listed above. These are not major problems with your research—just things that need clarification or correction.

**Most important fixes:**

1. ✓ **Fix all number inconsistencies** (MUST DO)
2. ✓ **Add detailed exercise protocol in methodology** (MUST DO)
3. ✓ **Add limitations section** (MUST DO)

**FINAL COMMENTS**

Congratulations on conducting this important research! Your work addresses a real need in Nigeria and shows excellent cultural sensitivity by using sign language and visual supports. The results are impressive—zero dropouts is remarkable!

The main issues are:

- Some numbers don't match between sections (please check carefully)
- The methodology needs more detail so others can repeat your study
- Add a short paragraph about limitations

Once you fix these issues, your paper will make an excellent contribution to the field. Well done, and good luck with your revisions!

**Reviewer Recommendation:** Accept with Minor Revisions

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**Review Date:** September 30, 2025